

# Monmouth County Indoor Relay Championships

Sponsored by the: Shore Track Coaches Association

**Saturday, January 7th, 2012**

**Start Time: 3:00 PM**

**Location:** *Bennett Indoor Complex*

**Entry Due:** *Monday January 2<sup>nd</sup>, 2012*

| <b>Order of Events:</b><br>( <i>Girls</i> first in all Running Events)<br>All running events will feature seeded section 1st <b>except</b><br>4 x 400 Meter Relay where seeded section will be featured last |  | For your use only |
|--|--|-------------------|
| Event 1:   | Varsity 4 x 800 Meter Relay                    |                   |
| Event 2:   | Varsity Shuttle Hurdle Relay                   |                   |
| Event 3:   | JV 4 x 200 Meter Relay                         |                   |
| Event 4:   | Varsity 4 x 200 Meter Relay                    |                   |
| Event 5:   | JV 4 x 800 Meter Relay                         |                   |
| Event 6:   | Varsity Sprint Medley (200, 200, 400, 800)     |                   |
| Event 7:   | Varsity Distance Medley (1200, 400, 800, 1600) |                   |
| Event 8:   | JV 4 x 400 Meter Relay                         |                   |
| Event 9:   | Varsity 4 x 400 Meter Relay                    |                   |

| <b>Field Events</b><br>( <i>All field event relays are 2-persons</i> )   |
|--|
| <b>High Jump: Boys followed by Girls</b><br>Boys opening at 5' 4" & Girls opening at 4' 4"<br>(2" increments)  |
| <b>Pole Vault: Girls followed by Boys</b><br>Girls opening at 7' 0" & Boys opening at 9' 0"<br>(6" increments) |
| <b>Shot Put: Boys followed by Girls</b><br><b>Seeded flight throws last.</b>                                   |
| <b><i>JV Shot Put to Follow conclusion of Varsity.</i></b><br><b><i>JV Boys followed by JV Girls</i></b>       |

Varsity Entries are limited to **ONE (1) Team** per Event.

- Junior Varsity Entries are **Unlimited.**

- Seeding will be based on the Times/Marks submitted on Entry Cards on the day of the meet.
- This is a Championship Meet so please use accurate and verifiable times/marks.
- Flagrant mis-seeding of your athletes will result in punitive actions taken by the games committee.

**Awards** to the top six (6) teams in each varsity event and top three (3) in each JV event.

\*\*\*Tie will NOT be broken\*\*\*

**Team plaques** will be awarded to the top three (3) teams in each county.

Varsity scoring is 10-8-6-4-2-1 (*Ties will not be broken - points will be split*)

**\*\*Note:** *Athletes can compete in 4 events total, they may mix and match JV and Varsity,*

**However** *they cannot compete for the same event in JV and Varsity*

Meets will be governed by the Rules of the NJSIAA.

Food, Drink, Radios and/or Amplified Music Components are PROHIBITED inside the Toms River Field House.

**Only 1/8" PYRAMID Spikes will be allowed!**

HY-TEK ROSTERS are to be sent to [rosters@trschoools.com](mailto:rosters@trschoools.com)

(They are due By Monday, January 2<sup>nd</sup>)

\*\*In Case of Inclement Weather, call the Meet Director or check [www.shoretrackcoaches.com](http://www.shoretrackcoaches.com) information about cancelations and/or delays\*\*

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Entry Due: *Monday January 2<sup>nd</sup>, 2012*

School: \_\_\_\_\_ Team: Boys or Girls or Both (Circle)

Coach: \_\_\_\_\_ Coach's Phone: \_\_\_\_\_

Coach's Email: \_\_\_\_\_

Enter Card Breakdown Below:

| Total # Boys Cards Needed | Total # Girls Cards Needed |
|---------------------------|----------------------------|
|                           |                            |

**Checks Payable To:** The Shore Track Coaches Association

# Relay Teams= \_\_\_\_\_ x \$20.00 = \$\_\_\_\_\_

Total = \$\_\_\_\_\_

\*\*Note: Just like in the **State Meets**, you are paying for the number of cards that you need and may use them in **ANY EVENT** the day of the meet. (Subject to meet limitations)

**Mail paper entry and checks to:**

Sam Turner  
547 Alexander Ave  
Brick, NJ 08724  
Cell: (732) 829-3581  
email: [sturner@marsd.k12.nj.us](mailto:sturner@marsd.k12.nj.us)  
Fax #: (732) 837-3054

HY-TEK ROSTERS are to be sent to [rosters@trschoools.com](mailto:rosters@trschoools.com)

(Be sure to list the **NAME OF THE MEET(s)** in the body of the email)

***PLEASE ONLY SUBMIT/FAX THIS SHEET!!***

